

Salsa

Tomato-Mango Salsa

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Preparation Time: 15 minutes

Chill: 30 minutes

1/2 cup plum tomatoes, finely chopped

1/2 cup peeled mango, finely chopped

1/4 cup red onion, finely chopped

3 tablespoons snipped fresh cilantro

2 tablespoons lime juice

2 to 3 tablespoons jalapeno peppers, seeded and finely chopped

In a bowl, stir together all of the ingredients.

Cover and chill in the refrigerator for at least 30 minutes.

Store in the refrigerator for up to 24 hours.

Yield: 8 two-tablespoon servings

Per Serving (excluding unknown items): 51 Calories; 1g Fat (8.2% calories from fat); 2g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 0 Fat.